How to Put Your Heart Rate Monitor On

1. Attach the transmitter to the elastic strap.
2. Adjust the strap length to fit snugly and comfortably. Secure the strap around your chest, just below the chest muscles, and buckle it.
3. Lift the transmitter off your chest and moisten the two grooved electrode areas on the back.
4. Check that the wet electrode areas are firmly against your skin and the Polar logo is in a central, upright position.

The Polar A1™ wrist receiver displays your heart rate during exercise.

The Polar transmitter detects your heart rate and transmits it to the wrist receiver.

The elastic strap holds the transmitter in the correct position.

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How to Start

1. Keep the wrist receiver within 1 metre/3 feet of your transmitter. Check that you are not near other people with heart rate monitors or any source of electromagnetic disturbance.
2. Stopwatch begins to run. Your heart rate appears in 5 seconds. Heart rate symbol 🏃‍♀️ flashes to the beat of your heart. The average heart rate and the total exercise time are shown twice. You can stop the file recall by pressing the button. If you want to recall your file later, press and hold the button when OFF is displayed.

Exercise Time Indicator
1 block = 10 minutes exercise, 6 blocks = 1 h After one hour, when all the blocks are black, the cycle starts again.

How to Stop and Recall File

1. Press to start.
2. Press to stop. File recalling (steps 2-4) is scrolling automatically.
3. Average heart rate (3 sec.)
4. Total exercise time (3 sec.)
5. OFF-display

After Exercising

1. Carefully wash the transmitter with a mild soap and water solution.
2. Rinse it with pure water.
3. Dry the transmitter carefully with a soft towel.
4. Keep the wrist receiver clean and wipe off any moisture.
5. Store the heart rate monitor in a clean and dry place. Dirt impairs the elasticity and functioning of the transmitter. Sweat and moisture can keep the electrodes wet and the transmitter activated, which shortens battery life.

The combined impact of moisture and intense abrasion may cause a black colour, which might stain light-coloured clothes especially, to come off the transmitter’s surface.
5. Target Heart Rate Zone

To find your target heart rate zone, you need to know your maximum heart rate (HRmax).

To estimate your HRmax, use the following formula:

\[ \text{HRmax} = 220 - \text{age} \]

Your target heart rate zone is a range between the lower and upper heart rate limits expressed as percentages of your maximum heart rate (HRmax).

When your heart beats at 50-60% of your HRmax, you're in the light intensity zone. This kind of exercise is easy; ex. daily activities and light chores. It delivers some health benefits.

Push on to 60-70% of your HRmax and you're in the light to moderate intensity zone. This is good for improving health, fitness and for weight loss. It also improves endurance.

At 70-85% of your HRmax, you've moved into the moderate to heavy intensity zone. This is harder work, but effective for strengthening aerobic fitness and endurance especially for people exercising more regularly.

Find out your target zones:

- **Light intensity:**
  - upper limit: 0.60 x your HRmax
  - lower limit: 0.50 x your HRmax

- **Light to moderate intensity:**
  - upper limit: 0.70 x your HRmax
  - lower limit: 0.60 x your HRmax

- **Moderate to heavy intensity:**
  - upper limit: 0.85 x your HRmax
  - lower limit: 0.70 x your HRmax

6. Minimising Possible Risks in Exercising with Heart Rate Monitor

Exercise may include some risk, especially for those who have been sedentary. Before starting a regular exercise program you are recommended to answer to the following questions for health status checking. If the answer is yes to any of the questions, we recommend to consult a doctor before starting an exercise program.

- Have you not exercised for the past 5 years?
- Do you have high blood pressure?
- Do you have high blood cholesterol?
- Do you have symptoms of any disease?
- Are you taking any blood pressure or heart medication?
- Do you have a history of breathing problems?
- Are you recovering from a serious illness or medical treatment?
- Do you use a pacemaker or another implanted electronic device?
- Do you smoke?
- Are you pregnant?

Note that in addition to exercise intensity, medications for heart, blood pressure, psyche, asthma, breathing etc. as well as some energy drinks, alcohol and nicotine, can affect heart rate.

Now let’s learn about the levels of intensity.

- **Light intensity:**
  - lower limit: 0.50 x your HRmax
  - upper limit: 0.60 x your HRmax
  - lower limit: 0.70 x your HRmax
  - upper limit: 0.80 x your HRmax

- **Light to moderate intensity:**
  - lower limit: 0.60 x your HRmax
  - upper limit: 0.70 x your HRmax
  - lower limit: 0.80 x your HRmax
  - upper limit: 0.90 x your HRmax

- **Moderate to heavy intensity:**
  - lower limit: 0.70 x your HRmax
  - upper limit: 0.80 x your HRmax
  - lower limit: 0.90 x your HRmax
  - upper limit: 1.0 x your HRmax

7. Technical Specifications

All Polar heart rate monitors are designed to indicate the level of physiological strain and intensity in sports and exercise. No other use is intended or implied. Heart rate is displayed as number of heartbeats per minute (bpm).

- **Transmitter:** Built-in Lithium Cell
- **Battery life:** Average 2500 hours of use
- **Operating temperature:** -10 °C to +50 °C / 14 °F to 122 °F
- **Material:** Silicone

- **Waterproof: Elastic strap**
  - Water resistance: to 30 metres/100 feet
  - Buckle material: Polyurethane
  - Fabric material: Nylon, polyester and natural rubber including a small amount of latex

8. Limited Polar International Guarantee

This limited Polar international guarantee is issued by Polar Electro Inc. for the consumers who have purchased this product in the USA or Canada. This limited international guarantee is issued by Polar Electro-Oy for the consumers who have purchased this product in other countries.

Polar Electro Inc./Polar Electro Oy guarantees to the original purchaser of this product that the product will be free from defects in material or workmanship for two years from the date of purchase.

This limited Polar international guarantee covers the Polar Heart Rate Monitor. The Polar guarantee shall not affect the consumer's statutory rights under national or state laws or in force, or the consumer’s rights against the dealer arising from their sales/purchase contract.

This CE marking shows compliance of this product with the European directive 93/42/EEC.

9. Disclaimer

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